



सा विद्या या विमुक्तये

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सरस्वती शिक्षक प्रशिक्षण महाविद्यालय

(राष्ट्रीय अध्यापक शिक्षा परिषद् से मान्यता प्राप्त)

सरदारशहर-331403, जिला-चूरु (राजस्थान)

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7.2.1: Describe at least two institutional best practices (as per NAAC format given on its website)

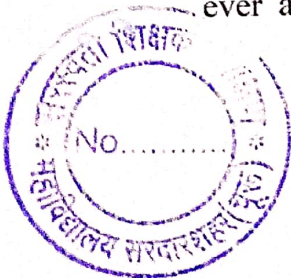
RESPONSE :


BEST PRACTICES 1

Saraswati Shikshak Prashikshan Mahavidyalaya A five-day Yoga Camp was organized at Saraswati Shikshak Prashikshan Mahavidyalaya, Sardarshahar. A total of 300 students of college and other participated in the Camp and underwent a compact schedule for five days. A yoga camp was organized at Saraswati Shikshak prashikshan Mahavidyalaya College, in which Students participated. Students were told about the importance of yoga for staying healthy in life. To keep the body healthy through yoga, students were trained in yoga by the yoga guru under the aegis of Patanjali Yogpeeth. Along with the students, teachers and other people of the city also participated in this yoga camp and learnt the importance of yoga. The college provides such training programs to students and teachers through which, along with education, skill building programs are conducted in social and moral life. Along with education, skill building is also necessary for students.

“What we want, is to see the man who is harmoniously developed ...great in heart, great in mind and great in deed” “Each soul is potentially divine. The goal is to manifest this Divinity by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy—by one, or more, or all of these—and be free.” “Each one of our Yogas is fitted to make man perfect even without the help of the others, because they have all the same goal in view.”

Swami Vivekananda Benefits of Yoga If we take a closer look at it, there are many benefits of yoga. You will get relief if you practice it regularly. Because it keeps diseases away from our mind and body. Moreover, when we practice many asanas and postures, it strengthens our body and makes us feel healthy and fit. Moreover, yoga helps to sharpen our mind and improve our intelligence. We can achieve a high level of concentration through yoga and also learn how to keep our emotions stable. It connects us to nature more than ever and enhances our social well-being. Moreover, if you practice yoga




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regularly you can develop self-discipline and self-awareness. Once you do it consistently you will feel the power and will help you live a healthy life free from any problems. Anyone can practice yoga no matter what your age is or what religion you follow. 21st June is celebrated as International Yoga Day where people are made aware about the benefits of yoga. Yoga is a great gift to mankind that helps us to feel better and maintain our health. Practicing yoga also increases your patience level, which also helps in keeping negative thoughts away. You get mental clarity and better understanding.

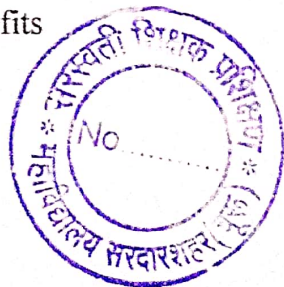
In short, there are many benefits of yoga. Everyone should practice it to maintain their health and benefit from it. It is the secret to live a healthy and long life without the use of any artificial means such as medicines or any other shortcuts of any kind.


BEST PRACTICES 2

Blood donation and blood donation camp organized in the college

On 11 September 2022 (Sunday), Saraswati Shiksha Prashikshan Mahavidyalaya, Sardarshahar released the poster for blood donation and blood donation for organizing a blood donation camp. The college had organized the camp to help the patients. Senior students of the school also participated in the program. Apart from the students, many common people also participated in it. The blood from this camp was to be given to the government hospital. Refreshments were arranged by the college for those who donated blood in the camp. Certificates and a small gift were distributed to the students and other people who participated in this blood donation camp. A team of five doctors was appointed to monitor the entire process and to donate blood. The school had also arranged for a rest room for anyone who felt dizzy or sick after donating blood. Volunteers from a local club also came to help the college in organizing the blood donation camp. They got the people to fill out the forms for donation. After the blood donation camp was over, the Principal thanked and appreciated all the people present at the camp and the event ended with a heartfelt vote of thanks.

Benefits




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Donating blood has benefits for your emotional and physical health. According to a report by the Mental Health Foundation, helping others can:

reduce stress

improve your emotional well-being

benefit your physical health

help get rid of negative feelings

provide a sense of belonging and reduce isolation

Research has found further evidence of the health benefits that come specifically from donating blood.

Free health checkup

In order to give blood, you're required to undergo a health screening. A trained staff member performs this checkup. They'll check your:

pulse


blood pressure

body temperature

hemoglobin levels

This free mini-physical can offer excellent insight into your health. It can effectively detect problems that could indicate an underlying medical condition or risk factors for certain diseases.




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